



State University of New York



**Upstate
Medical
University**

Student Counseling Presents

OUTREACH & SPECIAL PROGRAMS GUIDE

FALL/SPRING 2005-2006

**Student Counseling Center
SUNY Upstate Medical University
713 Harrison Street
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STUDENT COUNSELING'S OUTREACH AND SPECIAL PROGRAMS GUIDE

Fall/Spring 2005-2006

Introduction:

The Student Counseling Center's main goal is to support students in attaining their personal and educational goals and in removing barriers to learning. Part of the Student Counseling Center's mission is the development and implementation of strong outreach and special programs oriented towards student development and wellness. To meet this end, we are dedicated to working closely with faculty to support student success.

If you are interested in having a Special Program presented to your class, please call Dr. Tricia Park, Assistant Dean/Director of Student Counseling at 464-3112. If you do not see a program listed here that you are interested in having for your class, please let us know. We will attempt to accommodate requests for presentations on other topics related to mental health and wellness.

Regarding scheduling, it is appreciated if you give the speaker at least two weeks notice on topics listed in this program guide given Student Counseling's day-to-day operations. If you would like to request a topic that is not listed in this guide, please contact us at least 4 weeks in advance.

Regarding the length of the outreach programs, most programs can be adequately conducted in about an hour. However, the programs can be streamlined to accommodate shorter time frames.

Thank you. We hope you will find this guide useful and look forward to working with you in the process of enhancing the personal growth and wellness of students attending Upstate Medical University.

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PROGRAMS

Outreach and Special Programs for Class Presentations

1. Orientation to Student Counseling

This program typically takes about 15 minutes. Students are informed about the nuts and bolts of Student Counseling (e.g., confidentiality, types of services available, contact information and location, etc.). At the end of the presentation, time is allotted for student questions. Students are encouraged to seek additional information by accessing the Student Counseling webpage.

2. The “Mindedness” Program

Entering an academic training program can be stressful even for the most characterologically robust individual. This program gives an overview of typical issues (e.g., learning how to cope with new stressors, time management, acquiring and remembering information, test anxiety, symptoms of depression and anxiety, dealing with perfectionistic strivings, sleep disturbance, weight management, and relationship strain) that students may face. A secondary aim of this program is to provide basic coping strategies which students can apply to improve quality of life. As part of this outreach, students are provided an approximately 10-page handout which reviews the aforementioned issues and presents numerous coping strategies.

3. Coping with Stress

This program emphasizes almost exclusively how students may define, approach, and cope with various stresses. The goal of the program is to empower students in their understanding and application of successful stress management strategies. Students are informed of the critical importance of interpretation of internal and external events in the subjective experience of stress. Creative ways to perceive and approach sources of stress are presented.

Mini-Workshop in Stress Reduction. This program is experiential in nature. It briefly explores signs and symptoms of stress and provides prac-

tice with a variety of stress-reducing techniques including diaphragmatic breathing, progressive muscle relaxation, and visual imagery.

4. Managing Time

This program, called “Redeeming the Time,” encourages students to self-reflect so as to identify potential problematic time associations, and challenges them to redefine their time associations. The aim of this program is to increase student awareness of the value of time and to encourage lifestyle adjustment to promote the effective and meaningful use of time. While this interactive presentation emphasizes beliefs about time, it also provides students with time management strategies.

5. Overcoming Substance Abuse

This presentation aims to define substance addiction from a cognitive/behavioral perspective, and presents ways of recovery which involve managing problematic thought and behavior patterns. Ultimate recovery is also discussed within the context of reclaiming and reconciling with the self.

6. Understanding Depression and Anxiety

Distressing moods are a common experience for everyone. The focus of this presentation is providing basic information about mood states, and how internal and external events may contribute to emotional distress. Strategies for coping and managing mood are also outlined and discussed.

7. Healthy Eating

What are Eating Disorders?

Difficulties with eating are common during transitional and stressful phases of life, such as leaving home and entry into challenging training programs and careers. In this presentation, the symptoms of eating disorders as well as potential causes and treatments are described and discussed.

Healthful Eating Habits

In this presentation, issues associated with eating are discussed in the context of learning how to develop wholesome eating habits and manage eating behavior. Strategies for overcoming eating problems are discussed

in the context of potential psychological mediators such as anxiety and need for control.

Weight Management Success

Issues with being too thin or too heavy can weigh heavily on some students. This outreach seeks to educate students about various weight management strategies to assist either weight gain or weight loss. The strategies shared are based on cognitive and behavioral techniques supported by scholarly research.

8. Beating Perfectionism

It could be argued that perhaps no idea may cause more distress and pressure than one that suggests one must be without any flaws – i.e., perfect. This outreach focuses on helping students better understand what ‘perfectionism’ is and how it may manifest in distressing thoughts, feelings, behaviors, as well as problems with self esteem and interpersonal relationships.

9. Ruining Rumination’s Hold

While it is said that depression is the ‘common cold’ of psychological problems, worry/anxiety could be considered the ‘commoner cold.’ Since worry is typically associated with a ruminative thought life, the focus of this program is to educate students about the power of the thoughts for creating unmanageable levels of worry/anxiety. Healthy ways of defending against stress (e.g., humor, sublimation, altruism) that exclude rumination are outlined.

10. Nurturing Relationships

Restoring Relationships. Relationships define our existence and when they are not going well, significant stress and emotional distress can result. The focus of this presentation is to validate the universal struggle associated with nurturing healthy relationships, and to provide effective ways of repairing broken relationships with family, friends, and loved ones.

Evaluating and Growing Healthy Relationships. A frequent question often asked about relationships is, “Do I have a healthy relationship?” This can

be a difficult question to answer. The purpose of this outreach is to share a strategy for evaluating relationships and to provide understanding about how relationships grow and deepen in meaning and connection.

11. Beating Exhaustion: Rejuvenating the Mind, Body and Spirit

While fatigue is not necessarily harmful and may not markedly affect performance of certain tasks, exhaustion is a condition in which a person may not be able to perform at expected levels. In this program, exhaustion and its consequences are outlined, and the importance of physical, mental, and psychological rest are discussed.

12. Developing Personal Identity

The process of growing up in a family system and then starting an independent life is a challenging endeavor. The development of personal identity is a life-spanning human activity which is often worked on most diligently during the formative years of youth and young adulthood. This outreach aims to help students appreciate the challenges and benefits of developing one's identity for personal, relationship, and career success.

13. Building Study Skills

This outreach aims to teach students basic and more advanced study skill concepts and techniques. The importance of understanding one's learning style(s) as well as learning various learning strategies for information acquisition and retention are emphasized.

14. Minimizing Test Anxiety

Students often interpret test situations in extreme or negative ways which can precipitate severe anxiety and put students at risk for poor test preparation and examination performance. The purpose of this presentation is to explain the nature of test anxiety. Students will learn that anxiety is not the fundamental problem in test anxiety and will be taught strategies for overcoming this thought based problem.



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